

Family Check in Activities

1 to 5 fingers

Ask each family member to show with one hand "How they're doing." 5 fingers is awesome, 3 fingers is in the middle, and 1 finger is not good at all. This is a good activity to do when coming back together at the end of the day.

Thumbs up, down, or sideways

Ask family members to show you with their thumbs "How they're doing." Two thumbs up is awesome, one thumb up is good, one or two thumbs sideways is in the middle, one thumb down is not very good, two thumbs down is not good at all.

Strike a pose

Ask your family to strike a pose to show you one of the following: how they are doing, one thing they enjoyed today or the worst part of their day so far (or make up your own). Give them a 5 second countdown, and then "Strike a pose!"

Make a face

Ask the group to make a face to show you with their faces "How they're doing." Give them a 5 second countdown, and then "Make a face!" Ask follow-up questions to help you understand their choice.

Raise your hand if...

Ask family members to raise your hand if...and then say a variety of possibilities. E.g. you had a good day at home or work, you had a fight with someone in your family this week, you made a new friend, you're feeling excited about something new you're learning, you're feeling worried about something, etc. You can keep it interesting by varying the response too, like stand up if...sit down if...raise an elbow if...stick out your tongue if...

Bag of Things

Pull out a bag of random objects (make one to keep on hand). Have kids select an object and explain why it represents how they felt at some point this week. (This requires some abstract thinking so is probably best for kids 3rd grade and older). Give the kids some examples of what objects might represent. Lead by example. You go first and they'll catch on. (Examples: rubber band (I felt stretched because I had to learn something new), eraser (I made a mistake and I had to fix it), fake money (I felt valuable because), magnifying glass (felt curious about), crayon (I felt creative when) ring (I felt precious/treasured because) army man...(I felt strong/brave because...), dice (I felt bounced around, indecisive,)

Roll a Die

Have each person in the family take turns rolling the dice and answering the corresponding question.

1. What was the best thing about your week?
2. Tell us about a time you felt frustrated this week?
3. What was something different or unusual that happened this week?
4. If you could do absolutely anything next week, what would you want to do?
5. What was something interesting you learned this week?
6. Do you think next week will be better, worse, or the same as this week?

Pick a face

Have kids choose a face that best represents them this week and explain why.

